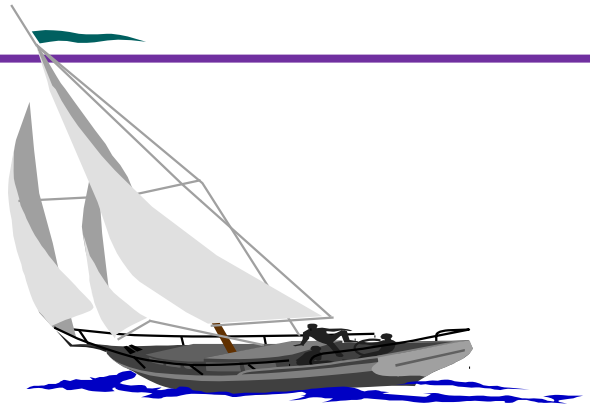
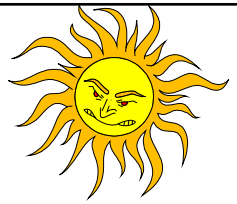
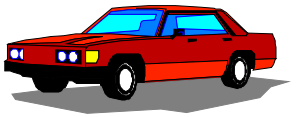


Summer Safety
Joint Base Safety Office

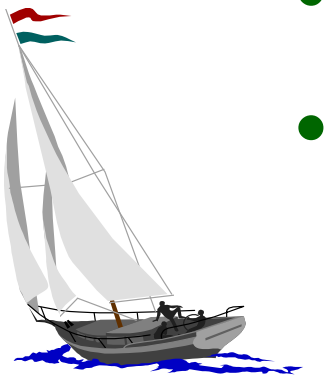
Summer Safety

Unsafe Acts



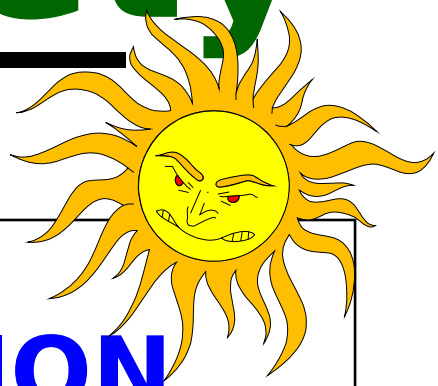


- Heat Injuries
- Water
- Sports & Recreation
- Bites and Stings
- POV



Summer Safety

Unsafe Acts

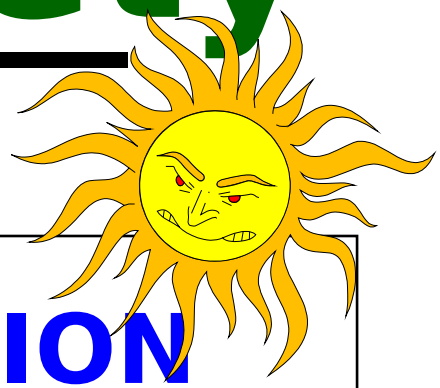


HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Summer Safety

Unsafe Acts

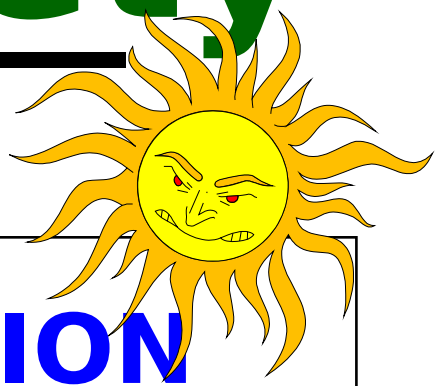


HEAT INJURY PREVENTION

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

Summer Safety

Unsafe Acts

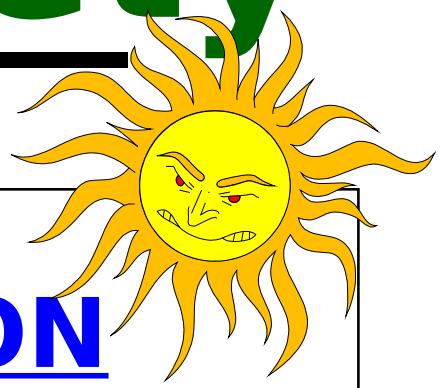


HEAT INJURY PREVENTION

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

Summer Safety

Unsafe Acts

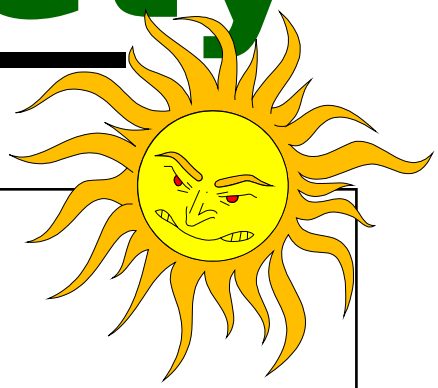


SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000 AM - 4 PM)
- Avoid repeated exposure

Summer Safety

Unsafe Acts



HEAT RASH

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

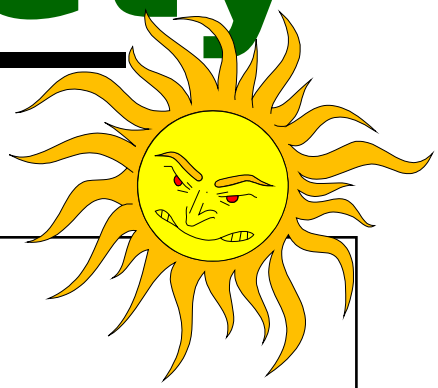
TREATMENT

Baby powder with corn starch

Cool shower - avoid lotions - change clothes frequently

Summer Safety

Unsafe Acts



HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

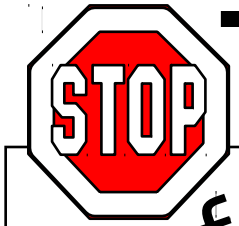
SYMPTOMS

Painful cramps of the major muscle groups (arms, legs, or stomach)

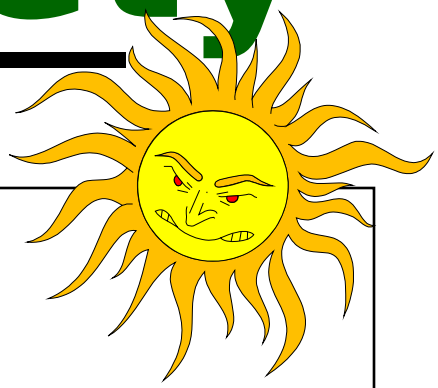
TREATMENT

Provide cool water - shade - monitor

Summer Safety



Unsafe Acts



HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

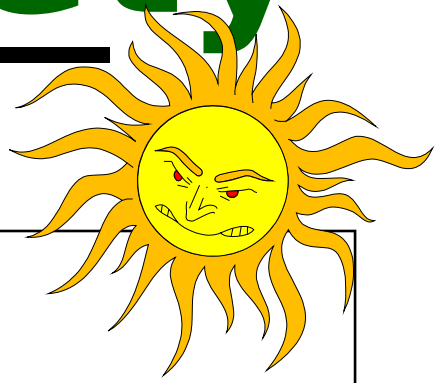
Profuse sweating - headache - paleness - weakness nausea - cool moist skin - tingling sensation in extremities

TREATMENT

Provide water - shade - elevate feet - monitor seek medical attention immediately

Summer Safety

Unsafe Acts



HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea

red, hot skin - unconsciousness

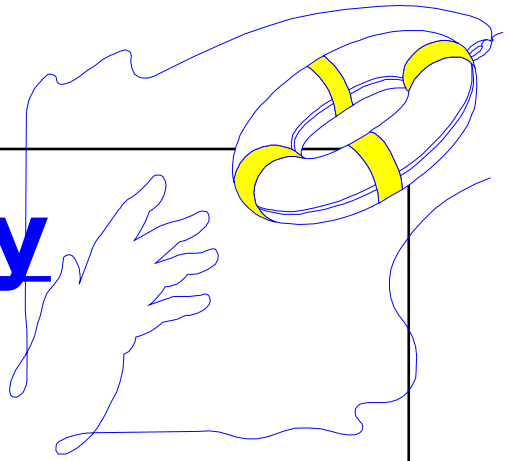
TREATMENT

MEDICAL EMERGENCY!!

cool shaded area - soak clothing and fan - elevate feet

Summer Safety

Unsafe Acts



Swimming Safely

Drownings……..

- **Are a leading cause of soldier death**
- **Most often occur during off-duty recreation**
- **Swimming in unauthorized swimming areas**
- **After dark**
- **Frequently related to alcohol use**

Be Safe around Water

Summer Safety

Unsafe Acts

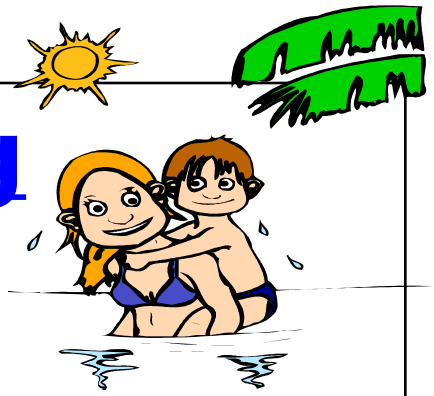
Swimming Safely

- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear Personal Floatation Device (PFD) when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating,

Summer Safety

Unsafe Acts

Children Swimming



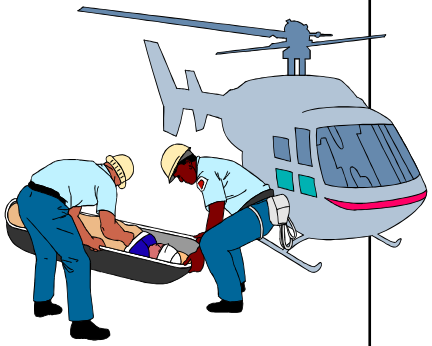
- Child drownings occur most frequently in the bathtub and pools. Most times drownings occur from momentary lack of supervision. Children between one and four are at the highest risk.
- Enroll your children in a Red Cross swim class, this is an enjoyable and safe way to learn how to swim
- Always check the water for

Summer Safety

Unsafe Acts

Watch out for the "Dangerous Too's"

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



Summer Safety

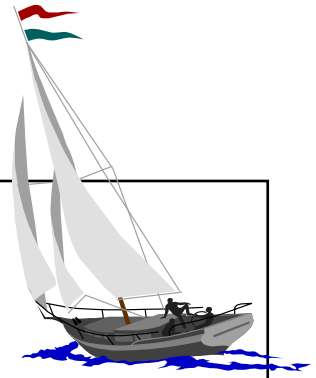
Unsafe Acts

Boating Safety

Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT used.

Summer Safety

Unsafe Acts

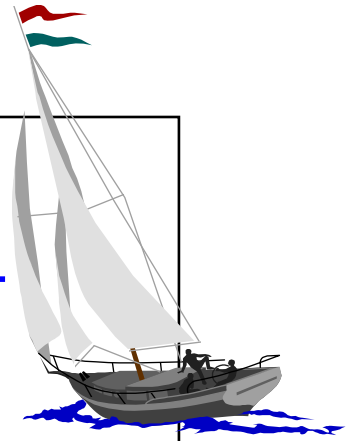


Boating Limits

- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

Summer Safety

Unsafe Acts



BOATING SAFETY TIPS

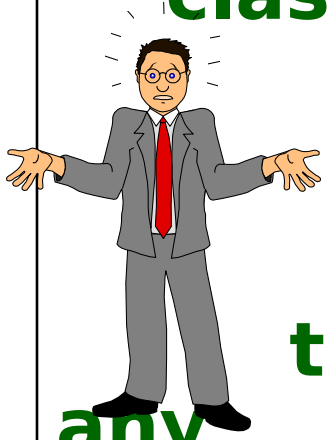
- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don’t overload
- Don’t loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

Summer Safety

Unsafe Acts

Personal Watercraft

"Jet Skis" or "personal watercraft" are classified as Class A inboard boats.



What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.

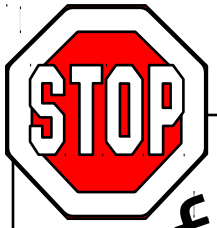
Summer Safety

Unsafe Acts

Personal Watercraft Safe Operating Tips

- Wear your PFD
- Don’t mix booze and boats
- Know your craft
- Take a boating safety co
- Watch the weather
- Know the area
- Carry emergency equipr
- Don’t ride at night

Summer Safety



Unsafe Acts

WATER SAFETY
RISK MANAGEMENT POINTER

ALCOHOL + WATER = TROUBLE

Summer Safety

Unsafe Acts

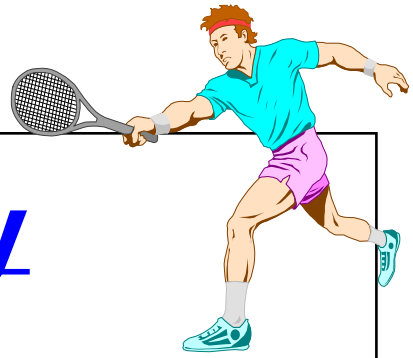
WATER SAFETY
RISK MANAGEMENT POINTER

PERSONAL
FLOATION DEVICE

IT WON'T WORK
IF YOU DON'T WEAR IT

Summer Safety

Unsafe Acts

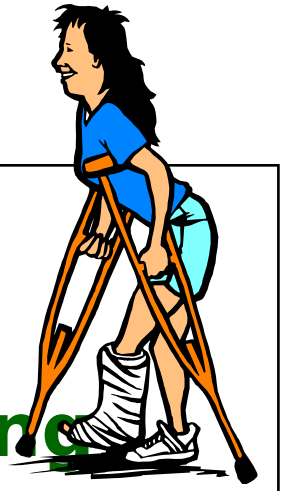


Recreational Safety

- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

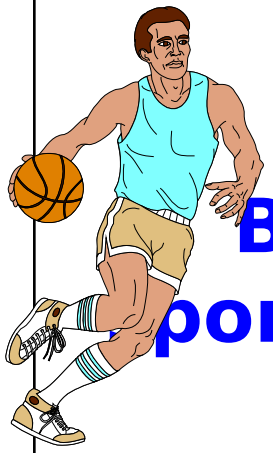
Summer Safety

Unsafe Acts



Sport Injuries

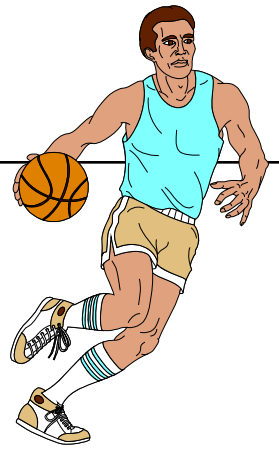
More soldiers are injured playing sports than performing combat soldiering activities.



Basketball is the most frequent sports injury producer in the military.

Summer Safety

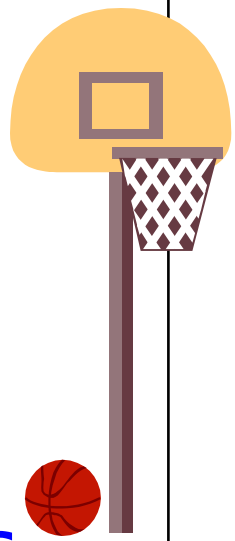
Unsafe Acts



Sport Injuries

Before taking the court..

- **Warm up**
- **Stay physically fit. Fit soldiers are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear knee pads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and goals secure**



Summer Safety

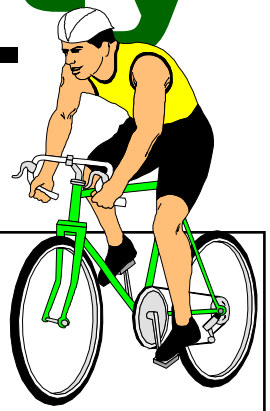
Unsafe Acts

Jogging Safety

- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

Summer Safety

Unsafe Acts



Bicycle Safety

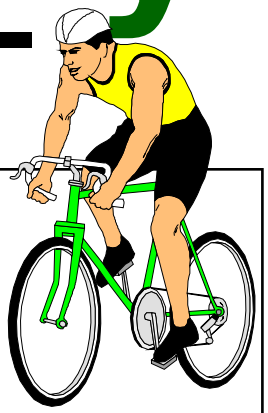
- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride……..

- Inspect your bicycle for serviceability
- Wear a helmet
- Inflate tires properly
- Check your brakes

Summer Safety

Unsafe Acts



Bicycle Safety

When you ride……..

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists

Summer Safety

Unsafe Acts

BITES AND STINGS

HAZARDS:

To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

Summer Safety

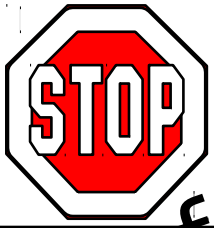
Unsafe Acts

BITES AND STINGS

Poisonous snakes

No dangerous snakes are indigenous to Western Washington, but in Eastern Washington, rattlesnakes are common. Most bites result from handling or aggravating snakes.

Summer Safety



Unsafe Acts

BITES AND STINGS

Ticks, spiders, and insects

Identify personnel who are allergic to insect bites or stings and ensure they have an emergency first-aid kit on hand.

- **Use insect repellent (follow directions)**
- **When camping, inspect bedding before use, and**

avoid sleeping or leaving clothes in damp places.

Summer Safety

Unsafe Acts

BITES AND STINGS

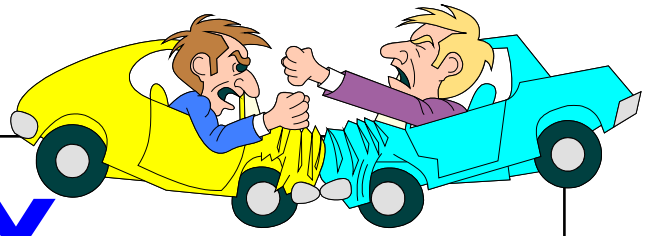
IF YOU HAVE:

- **Unusual bite**
- **Tick bite (do not remove tick)**
- **Multiple bites**

SEEK MEDICAL ATTENTION!!

Summer Safety

Unsafe Acts



POV SAFETY

Factors that influence our risk:

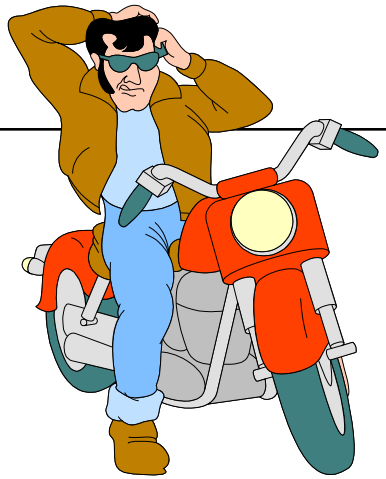
- Age
- Seatbelts
- Alcohol
- Fatigue
- Location
- Speed

Vehicle accidents are #1 killer of soldiers

Summer Safety

Unsafe Acts

POV SAFETY

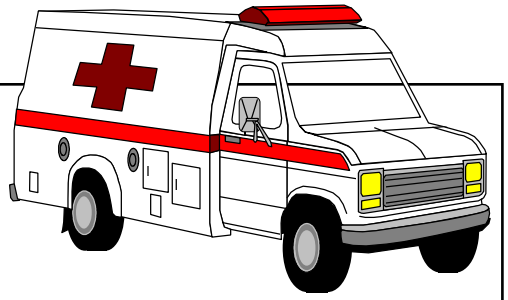


Age

Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

Summer Safety

Unsafe Acts



POV SAFETY

Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

Summer Safety

Unsafe Acts

POV SAFETY

Alcohol

The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver. About 48%of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety

Unsafe Acts

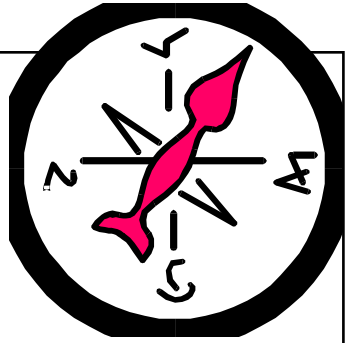
POV SAFETY

Fatigue

Drivers between the ages of 18-24 are at special risk with over 56%of fatal crashes involving fatigue or falling asleep at the wheel.

Summer Safety

Unsafe Acts



POV SAFETY

Location

Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

Summer Safety

Unsafe Acts

POV SAFETY

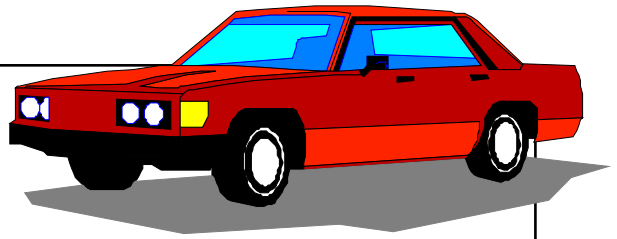
Speed

The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road. Speed Kills!

Summer Safety

Unsafe Acts

POV SAFETY



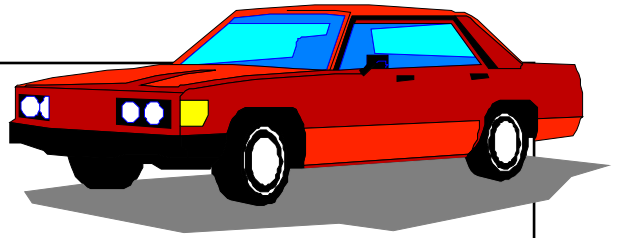
1. Don’t drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don’t drive when you’re tired
6. Take rest breaks

Arrive Alive

Summer Safety

Unsafe Acts

POV SAFETY



7. Adjust speed for conditions
8. Don’t follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid use cellular phone while driving

Arrive Alive